

Are you a knitter or do you know someone
who knits?

The Patient Participation Group are looking for volunteers to make TWIDDLE MATS for Dementia and Alzheimer patients

Dementia sufferers often have restless hands and like to keep their hands busy. Twiddle mats and muffs aim to do this by providing visual, tactile and sensory stimulation.

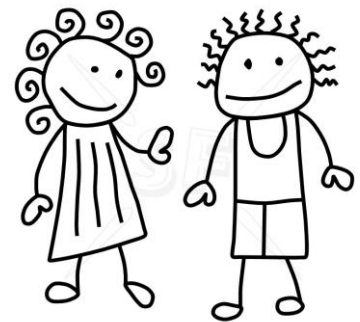


OK – but what is a Twiddle Mat/Muff?

Twiddle mats and muffs are simply a knitted square/rectangle that is decorated with buttons, beads zips, ribbons or anything that is personal to the individual it is being made for.

Sounds great – how do I get involved?

We would love people to make and donate Twiddle Mats that we can distribute. Additionally, if you know someone who could benefit from a Twiddle Mat please let us know.



How do I make one?

You can download a pattern from the internet by searching for Twiddle Mats – or if you prefer there are patterns available on the stand below